

Sarah Alden  
“Living the 1Beat Experience”  
December 5, 2013  
Limassol, Cyprus

Musicians from around the world have come together to celebrate the many ways music can have a positive impact on our local and global communities.

U.S. Embassy Cyprus presents  
Sarah Alden  
“Living the 1Beat Experience”  
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(0:10)

To think about bringing 25 musicians from all over the world... visas, air flights, for thirty days you feed them, you house them, and you pay them on top of that.

The Program (0:20)

When this tour for 1Beat happened, we really got to collaborate in a way... I can't even tell you how powerful it was because everyday, we wake up, and all there is to do is play music.

But for each one of us it was life changing. And the way that we got to experience being a musician, I think, because we didn't understand so much about where all the music came from, we had to be very curious. That space of being very curious, like how do you hear this and all that led to a support I've never felt before as an artist. You know, that we really wanted to support all those vulnerable moments where we don't understand something.

The Tour (1:00)

So after that happens, then we go on a two-week tour. Every night we hangout, that happens naturally, we're all jamming, we're making stuff happen, so we put together ensembles. Ensembles came out of some of these workshops because we were, you know, we started some things, “oh cool let's make that happen.”

One is going to some schools. We take some of our, you know, what we... I mean it's super simple, when we show up at a school and there is somebody that plays this weird instrument from Cambodia, and there's somebody that's from India that plays this weird instrument, and it's a very easy workshop. People are pretty... kids are pretty excited.

### The Street Studio (1:33)

And we go out to the street and we setup some mikes and we just hangout in a park all day long. And all the passer-bys, whoever's coming around, we have them come up and start singing.

At night then we do the gigs. So then we play at different venues. Some are rock clubs, totally the classic rock clubs. Some are beautiful churches, some are really experimental spaces... they always have a beautiful diversity.

### Applying to the Program (2:00)

They really, it's not exactly what exact style that you play or whatever. You know, they're looking for some diversity and definitely musicianship for sure. But like I said before, they're looking for people who are open to this idea of social change. So, this program, their major intention is that it doesn't stop at 1Beat. That, after this tour, it's not that's all that there is. Because all of us are from all over the world, they want other projects to happen. Anyways, the musicians are from all kinds of different walks of life and I think that the main thing is that they really want people to be open to this kind of experience.

### Submitting your Application (2:43)

So the application process is not too complicated. The usual, that you imagine, is like a resume with two recommendations. The next part is you're, how they want to hear what you do. So the first one is how you are as a solo artist... because as you saw here we collaborate all the time. But they also want to know that you have your ideas, that you already have, you have a voice too... you have an individual sound. So one of the tracks that they'll ask for is something that either you lead, that you composed, or that is just you solo. It could be with a band, but they want to know that you have, you've created something on your own. The next one, track that they'd want, is a collaboration. So then they want to see, okay, so you can be in group settings. And then the other one, they want three tracks that are anything you want. And then the next portion is the portion I wanted to spend a little bit of time on. And that's the questions. So they have essay questions. They want to know, you know, the first one is like what motivated you to want to do 1Beat. And try to give something specific that's personal. You know, another question that is important is, a question of, how do you see yourself as a musician for social change? And do you think that music could be an act of social change?

So that's it!